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Letter from the Editor

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Letter from the editor

a great amount of vigor and teamwork, and

“All great changes are preceded by  chaos.” -Deepak Chopra

I'm not comfortable with change. It causes me great angst and, on occasion, to hyperventilate. In fact, if my life were to flash before my eyes, many moments would include illegal U-turns, the sound of squealing brakes and me huffing and puffing into brown paper bags only to be catapulted forward, nonetheless, into varying degrees of discomfort and consequence. And, yet, I have survived each and every occurrence. Not always with grace, not always unscathed, or with the intended outcome; but always with growth, emerging shiny and new with a new-found purpose and vision: just like this year's volume of *The Undergraduate Review*.

Last fall, our review committee met to reassess the journal's publication process. It was determined that the journal was in need of an overhaul. One of the changes that were implemented was a double-blind review of each submission (previously, there had been only a single-blind review of each submission). While I was in favor of the idea—I was also fully aware of the effort and time this change would require.

As the editor of the journal one of my responsibilities (and the one I covet most) is ensuring we adhere to the publication timeline—the deadlines. So you can imagine my horror (RECAP: fear of change + hyperventilation + added reviewer x 52 submissions + ...did I mention the severe OCD, and the fact that I'm a Virgo?) at the thought of adding this huge task to the process. I believe I muttered one of my favorite movie lines, “I think we need a bigger boat” between intermittent yogic breathing and sips of water.

My “bigger boat” came by way of 65 faculty reviewers who graciously volunteered their time to review this year's submissions. Their hard work and talent brought about great change. Therefore, I've marred Deepak's quote. He has overlooked an important component: the fact that change does not always involve chaos in the negative light that we Type A folks assign it, but rather, it promotes teamwork, forces vigor, and encourages excellence. This year's journal is a culmination of all these things. I am privileged to have witnessed nearly a decade of changes that leave me breathless...in a comforting way.

STACY MOSKOS NISTENDIRK, MA
Managing Editor